



5 A Day Fast Facts

Did You Know...

- Acorn Squash:** ancient Native American people called squash "the apple of the Gods"; a good source of vitamin A, potassium, and fiber
- Apples:** #1 fruit in US; regularly purchased by 93% of American families; good source of fiber
- Artichoke:** one of the oldest known foods, this member of the thistle family is actually a flower; source of calcium, phosphorous, and potassium
- Asparagus:** ancient people believed this vegetable would relieve toothaches and prevent bee stings; good source of vitamins A and C
- Avocado:** actually a fruit; also called alligator pear; high-fat (mostly monounsaturated) and high-calorie; some potassium and vitamins
- Banana:** probably one of the first plants to be cultivated by humans; good source of potassium, plus some vitamin A, niacin, iron, and protein
- Blueberries:** excellent natural laxative; high in fiber; a source of vitamin C.
- Broccoli:** eaten by Emperor Caesar in Rome and was served 2-3 times at the same meal; rich source of vitamins A and C, potassium, iron, calcium, niacin, and fiber
- Potato:** when first introduced in Europe, the potato was cursed as an evil food; good source of vitamins C and B6, niacin, iron, and iodine
- Pumpkin:** native to America, pumpkin sustained the colonists and was included at the Thanksgiving meal; excellent source of vitamin A and potassium
- Raspberries:** in addition to red, there are also yellow, golden, apricot, amber, black, and purple raspberries; rich in potassium, plus fair amounts of iron and vitamin C
- Spinach:** one of the most popular greens in the US; high in vitamin A, fiber, potassium, and iron, plus a fair amount of vitamin C
- Tangerine:** the earliest recorded history of this citrus fruit dates back to 2200 BC in China; excellent source of vitamin C
- Tomato:** originally thought to be the forbidden fruit of Eden and were called "love apples"; a cousin of the potato, it is rich in vitamins A and C, as well as potassium and niacin
- Watermelon:** 98% of the weight of this melon is water

Important!

Folic Acid is a B vitamin that has been in the news a lot lately. Folic acid is important in the diets of pregnant women for decreasing the risk of birth defects. It has also been associated with decreasing risks for heart disease. Fruits and vegetables are an excellent source of folic acid. **Dark green leafy vegetables, legumes, and citrus fruits and juices** are the best ways to get folic acid in your 5 A Day!

Deeply hued fruits and vegetables provide the wide range of vitamins, minerals, fiber, and phytochemicals your body needs to maintain good health and energy levels, protect against the effects of aging, and reduce the risk of cancer and heart disease. So when you're grocery shopping, planning your meals, dining out, or deciding on a snack, think of a rainbow of color- blue/purple, green, red, white, and yellow/orange.